



NORTH CAROLINA NATIONAL GUARD STRONG BONDS RETREAT APPLICATION

The North Carolina National Guard Chaplains are proud to host a number of Strong Bonds Retreats to assist Single Soldiers, Military Couples and Military Families gain tools to build better relationships and communication skills.

Due to increased interest, the application process has changed. Each application will be considered on an individual basis. There are a number of unique situations and circumstances that will be taken into consideration before registering any Soldier to attend. *Some of these things include:*

- Returning from deployment in the last 18 months
- Upcoming deployment in the next 12 months
- Attended Retreat in the past two years

These circumstances are considered to ensure that every Soldier may have the opportunity to attend and when it is most beneficial to his/her Family. Please ensure when completing this application that you read it thoroughly. There is a lot of information and only completed applications will be considered. The POC for all Strong Bonds Retreats is Staff Sgt. Tammy Fowler at tammy.l.fowler.mil@mail.mil or Toll-Free at 800-621-4136 X 46876. Please feel free to call or e-mail with any questions.

Keep in Mind When Applying:

1. The retreats are filled on a "first-come, first-serve" basis.
2. If for any reason you are placed on a waiting list, you **will not** automatically be registered for another retreat. Please call or e-mail to request a different date or discuss other options.
3. **All communication will be via e-mail.** Please read all e-mails and provide a **frequently** checked e-mail address. There is information included in the e-mails which may require you to respond by a certain date. If responses are not received when required, there is a possibility that your slot may be given to another Soldier/Family.
4. Each Soldier will need to inquire with their unit if they would like to use the retreat to SUTA. We will be happy to verify your attendance at the retreat if your unit requires this. However, we are unable to provide SUTA certificates or request approval for Soldiers to SUTA.
5. All Soldiers will be limited to one retreat. For example, Soldiers will not be able to attend a Marriage Retreat and a Family Retreat in the same year. If you desire to attend more than one retreat, justification will be required.
6. Due to budget constraints, there will be **no** travel reimbursement this year.
7. Weekend retreat Attendees are required to check into the hotel on Friday and check out on Sunday.
8. Attendance of All sessions is mandatory including Friday evening icebreakers.

Marriage Retreats: We are able to offer childcare. In addition, only married couples will be eligible to attend. You *must* be married at the time of the retreat; and, your spouse must be listed as a dependent in DEERS, per requirement of NGB.

Single Soldier Retreats: Childcare is available for this retreat, and travel costs will not be reimbursed.

Family Retreats: Only Families with children ages 8 and over will be registered to attend. If you have children under 8 that are too young to participate, childcare will be provided for them. All participants must be registered in DEERS. Due to budget constraints, travel costs will **not** be reimbursed this year. **Please be aware that the first session of Family retreats begins at 7 p.m. on Friday night. Please plan to arrive at the hotel in plenty of time to attend the first session.**

Check, in order of preference 1-3, which Retreat you would like attend. If your 1st choice is full, you will be placed in one of your other choices. You will be notified via email of which event you are

registered for. If you would like to be put on the waiting list for your 1st choice, please indicate on your Registration Form, and you will not be placed in one of your other choices. Thank you.

****Registration deadline at least 30 days prior to event; Dates and Locations tentative.****

Single Soldiers Retreat:

Date	Location	Preference		
2-3 May	Raleigh	1 st ____	2 nd ____	3 rd ____
Priority registration for members of the 30th Brigade Special Troops Battalion.				

Marriage Enrichment Retreat:

Date	Location	Preference		
2-3 May	Raleigh	1 st ____	2 nd ____	3 rd ____
Priority registration for members of the 30th Brigade Special Troops Battalion.				
14 June	Raleigh	1 st ____	2 nd ____	3 rd ____
One-Day Event				
27-29 June	NC Beach	1 st ____	2 nd ____	3 rd ____
22-24 August	NC Beach	1 st ____	2 nd ____	3 rd ____

Family Retreat: (First session of this program begins at 7 p.m. on Friday night.)

Date	Location	Preference		
12-14 September	Charlotte Area	1 st ____	2 nd ____	3 rd ____

Please answer the following questions:

1. Are you deploying in the next 12 months? ____ Yes ____ No
If yes, with what unit? _____
2. Have you returned from deployment within in the last 18 months? ____ Yes ____ No
If yes, with what unit? _____
3. Have you attended any Strong Bonds retreats in the past 2 years? ____ Yes ____ No
If yes, which one? _____

Please mail or email completed application to:
NCNG Family Programs
c/o SSG Tammy Fowler
1636 Gold Star Drive, Raleigh, NC 27607
800-621-4136 X 46876
tammy.l.fowler.mil@mail.mil

Soldier Information

Name: _____

Rank: _____ Unit: _____

Spouse Name: (Marriage/Family Retreat only):

Children Names & Ages (Family Retreat only)

First Name Age

E-mail Address: (A frequently checked email address, as ALL communication will be via e-mail.)

Phone Number:

Home of Record Address:

Do you or any of your Family Members have any dietary/allergy concerns you feel we need to be aware of? If so, please list below:

____ Please check here acknowledging that you have read page 1 of the NCNG Strong Bonds Retreat Application.

Current as of 2.04.14